



# Thomas County

## Parent Resource

### Average Cost of Child Care

Age Group	Family Child Care	Child Care Center	School Age Program Day Shift	Preschool
	Weekly, Full-Time Rates Average Cost (\$)	Weekly, Full-Time Rates Average Cost (\$)	Weekly, Part-Time Rates Average Cost (\$)	Monthly, Part-Time Rates Average Cost (\$)
Under 1 year	122.00			
12-17 Months	122.00			
18-23 Months	117.00			
2 Years	117.00			
3 Years	117.00			75.00
4 Years	116.00			103.00
5 Years	113.00			110.00
6 Years and Older	113.00			

### Parenting Information

Resource	Contact Information	Services
Free Parent Texting Information	Text KSKIDS to 59925	Information at your fingertips about child development, activities, and more
Parents as Teachers (PAT)	(785) 672-3125 www.nkesc.org	Early education program for parents of children prenatal to 3 years old
Infant-Toddler Services (Tiny-k)	(785) 672-3125 www.nkesc.org	Services for families who have children with developmental delays
Head Start	(785) 672-3125 www.nkesc.org	Early childhood education program serving income eligible families
Screening Services	(785) 672-3125 www.nkesc.org	Screenings to identify delays during normal development
Mental Health Services	(785) 628-2871 www.highplainsmentalhealth.com	Services from individual therapy to medication assessment and management



Toll Free: 855-750-3343 · Toll Free Referral Center: 877-678-2548

For additional resources visit [www.ks.childcareaware.org](http://www.ks.childcareaware.org)





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## Community Resource Sheets

### Local Community Services

Resource	Contact Information	Services
Department for Children and Families Services	(785) 462-6760 www.dcf.ks.gov	Child care assistance, child support enforcement, food assistance, health services
Thomas County Health Department	(785) 460-4596 www.thomascohealth.com	Home health, child care licensing, immunizations, Kan-Be-Healthy, Women, Infants & Children (W.I.C.)
K-State Research & Extension Office (Local Agent)	(785) 460-4582 www.ksre.ksu.edu	Nutrition education, youth development, family financial planning, family life
American Red Cross of Central and Western Kansas (Local Chapter)	(785) 827-3644 www.redcross.org	Community services that help the families in need
Pioneer Memorial Library	(785) 460-4472 www.colbylibrary.com	Books, classes, community information, internet access, children's programs, adult programs
Colby/Thomas County Chamber of Commerce	(785) 460-3401 www.oasisontheplains.com	Community contacts promote and improve the business climate
Thomas County Emergency Management	(785) 460-4516 www.thomascountyks.com	Provides information to plan for a disaster/emergency
Citizens Medical Center, Inc.	(785) 462-7511 www.nwkshealthcare.com	Resource for health care needs, cancer care, emergency care, laboratory, maternity and obstetrics, rehabilitation and surgical
Kansas Special Health Care Needs	(620) 231-5411	Promotes the functional skills of persons, who have or are at risk for a disability or chronic disease.

### State/National Services

Resource	Contact Information	Services
KanCare	(866) 305-5147 www.kancare.ks.gov	Low cost or no cost health insurance for families and children
United Way 2-1-1 of Kansas	Call 2-1-1 www.211kansas.org	Food pantries, counseling, mentoring, after-school programs, disability services and much more
Parent Help Line	(800) 244-5373	A 24-hour help line for parents in stress or in need of other services
Child Abuse & Neglect Hotline	(800) 922-5330	If you suspect a child is being abused or neglected
National Center for Homeless Education	(785) 296-6714 http://bit.ly/2spPMQ5	Guidance is provided to families, and communities who need information regarding students are in homeless situations



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